



Premier Pediatrics, P.A.
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6, 7, and 8 Year Appointments

At Premier Pediatrics, we provide an age-relevant handout prior to each well-visit appointment. Please feel free to use the handout to write down questions and to take notes throughout your appointment. We will be happy to discuss questions you might have regarding anything covered in this handout or otherwise. Please continue to refer back to this handout at home. However, know that you have several options to answer additional questions and concerns that may come up at home.

1. Our staff is available by phone during our office hours: 8AM-4:30PM Monday-Friday.
2. Also, be sure to check our website: www.premierforkids.com. We have partnered with Pediatric Web to bring you a quick symptom guide in addition to a quick medicine and dosage guide.
3. Additionally, we offer triage services through Children’s Mercy in the event that you need urgent assistance when we are not in the office. You may follow the prompts from our primary phone number to be connected to this line.

Immunizations

The 6, 7, and 8 year appointments do not necessarily include any immunizations. The next round will typically be given at the patient’s 11 year appointment. However, your child may need to catch-up on a missed immunization or your provider may recommend an immunization based on the patient’s individual needs. Please let the nurse or your provider know if you have any questions regarding your child’s immunization needs.

Appointment and Immunization Schedule

Your child’s next regularly scheduled well-visit will be in 1 year.

It is always a good idea to try to schedule these appointments as early as possible. We recommend 2-3 months in advance to ensure an appointment time that works best for you and your child’s schedule.

*Well-visit appointments should be scheduled every year around the patient's birthday.

Vaccine Schedule

AGE	REQUIREMENT	DESCRIPTION OF SHOTS
Birth		Hep B
2 month		Pediarix (Dtap, IPV, HepB); PedVaxHib; Prevnar 13 (pneumococcal); Rotarix (Rotovirus-oral)
4 month		Pediarix (Dtap, IPV, HepB); PedVaxHib; Prevnar 13 (pneumococcal); Rotarix (Rotovirus-oral)
6 month	*must be 6M	Pediarix (Dtap, IPV, HepB); Prevnar 13 (pneumococcal); Vision Screen
9 month		Hgb/HCT (finger-prick); Any catch-up shots

12 month	*must be 12M	MMR; Varivax (Varicella); Vision Screen
15 month		Prevnar 13(pneumococcal); Hep A #1
18 month		Infanrix (Dtap); Hiberix; MCHAT
2 year		Hep A #2; Hgb/HCT/Lead (finger prick); MCHAT; Vision Screen
4 year	*must be 4YR	Kinrix (Dtap/IPV); MMRV (MMR/Varicella); Vision Screen
5 year		Vision Screen; Hearing Screen
11 year	*must be 11YR	Boosterix (Tdap); Menveo (Meningococcal ACWY); HPV9; Cholesterol
12 year		HPV9 #2
13 year		HPV if not completed
16 year	* must be 16YR	Menveo (Meningococcal ACWY); Bexsero (Meningococcal B); Cholesterol; Hgb
17 year		Bexsero #2 (Menigococcal B)
18-21 year		Tdap; Catch up on Men B or HPV9 if not complete

Immunization Notes

- *We follow the CDC/AAP (American Academy of Pediatrics) guidelines for vaccinations.
- *We can give the Dtap, IPV (polio) and Hep B individually and not as a combination shot if necessary.
- *Flu shots do not have preservatives.
- *Minimum spacing between 2M, 4M, and 6M shots is 6 weeks.

Health Forms

We have the Kansas and Missouri Department of Health forms, the Kansas and Missouri Pre-Participation forms, and Boy Scout forms available at our office. We will be happy to provide these for your child at a scheduled appointment. If for any reason you need a health form completed outside of a well-visit, we do request that you allow 3 to 5 days to process this request. You may request the Kansas or Missouri Department of Health form through the patient portal. We can send that directly through the portal for you to print at home. The Boy Scout form must be dropped off and picked up in our office if done outside of the well care appointment.

Immunization Records

We will be happy to provide a copy of your child's immunization record at any time. Please feel free to ask for one at your child's well-visit or call to request a copy. Immunization records are considered public health records; therefore, they may be faxed if requested or picked up at our office.

Child Care: 6 thru 8 Years

Welcome to the age of the “loose tooth”! Around age 6 your child will begin to lose primary teeth (if he/she hasn't already) and continues until about age 12. During this time, it is important to continue with appropriate dental habits and checkups. You may notice that your child may be more resistant and stubborn at times and may display temper tantrums. Be patient and consistent in your discipline! Your child is coping with quite a lot in terms of his/her cognitive and socialization development.

Around age 8, you may notice that your child becomes less resistant and enjoys helping with household chores. Having some simple jobs for your child to do is important. It helps him/her organize his/her time, lets him/her feel a part of the family, and can give him/her a sense of importance and accomplishment. Just remember to fit the job to the child's age. Some examples for this age might be: empty the dishwasher, set the table and clean up after dinner, fold clothes and put them away, vacuum the car, and dust furniture.

Eating

Continue to offer your child selections from the basic food groups at all meals and snacks. Teach him/her about foods. Of the major food groups, your child needs: around 24 ounces of milk and milk products; 2-4 ounces of the meat, poultry, fish, eggs, beans, and nuts group; 2-4 fruit servings; 3-5 vegetable servings; and 6-11 bread, cereal, rice, pasta group servings per day. At least one serving of fruit per day should be a citrus fruit or juice. A yellow or dark green vegetable should be served at least 3 to 4 times a week. A bread serving is one slice or a cup of cereal. Avoid “empty” calorie snacks such as soft drinks, chips, candy, and cookies. If given, these should be in limited amounts. Encourage snacks of fruit, popcorn, peanut butter, stuffed celery, raisins, cheese strips, etc. You may notice that your child develops strong food preferences while refusing others. This will gradually change as he/she is exposed to different foods outside your home. Try not to use food as a reward for good behavior; praise is preferable.

Sleeping

A regular bedtime and bedtime routine is important for the school-aged child. Your child may not be experiencing sleep problems; however, some children may still have nightmares. Others may still have problems with bed-wetting. If this is a problem for you, ask your doctor for information.

Elimination

It is not unusual for children to have occasional accidents at night and even at play. Wet pants appear to be more common than stool incontinence, but both can occur. If this is a problem for you or your child, ask for information to help you. It can be extremely frustrating for parents to deal with this and it's a good idea to talk it over with your doctor.

Development/Play

Children this age enjoy playing with peers of the same sex. They enjoy being outside and having space to run, jump, ride, and use their imaginations. Because of their interests in these and other sports activities, it is extremely important to teach your child about sports and bicycle safety. Your child's attendance at school and participation in outside and group activities increases interaction with peers. You must realize that your child will begin to value his/her peers' opinions as well as yours. However, at this age parent opinion and values are still the strongest. It is extremely important that you encourage your child to participate in some form of exercise on a regular basis. Physical education in the schools is usually not enough unless your child plays actively every day. Exercise could be in the form of outside group activities such as city sponsored sports or privately organized and adult supervised activities. The benefits are tremendous. One word of caution, however, these are for children and even though they are voluntarily coached by parents, they should remain child oriented! The object of these organizations at this age is not to make professional athletes out of 6 to 8 year olds! It is to have FUN, and kids will do that IF they are permitted.

The TV can become the major pastime for children. Don't let it! Television can be a positive resource if used in small and controlled doses. Watch TV with your child explaining the difference between reality and fantasy. You can discuss the commercials and advertising as a concept, etc. Control what and how much time your children spend watching TV. You'll be amazed at the difference in your quality family time after 2-3 weeks of reduced or no TV. It's the first few days of withdrawal that are the hardest.

Encourage your child to read. Read to him/her. Let him/her read to you. Read together: you read your book while he/she reads his/hers. Your example will help reinforce that this is for personal pleasure. Now is the time to get a library card and use it. Ask the librarian for book suggestions. During this sixth year most (but not all) children are doing simple reading. Reinforce positive reading and writing behaviors. Don't over correct and your child will progress. By seven or eight most are reading well enough for this to be an activity they can sustain on their own. Ask the school teacher for suggestions. Now is the time to become involved in your child's school's parent organizations.

Children this age can have an allowance. There are different opinions about why you give an allowance. Some believe an allowance depends on the number of chores the child does around the house. Others feel that household chores are part of being a family and should not necessarily be rewarded. The allowance is given to encourage the child to learn about managing money and is used as needed or saved.

Safety

This is an important age to stress safety and prevention of injury in all activities. If swimming lessons have not begun, now is the time. Call your local parks and recreation department or YMCA if you are unaware of programs in your area. Again, teaching bicycle safety must be ongoing. Your child should be wearing an approved helmet, have an appropriate size bike, and know traffic rules. Experimentation with matches and other potential burn objects such as firecrackers, or lighters is not unusual at this age. Instructions regarding the use of the stove or fireplace as well as emergency burn information should begin now.

If you haven't done so already, teach your child his/her name, address, and phone number. Teach him who the appropriate people are to ask for help. Provide safety instructions for encounters with strangers. Now is the time to teach your child about "safe touch" and resisting uncomfortable touch (read It's MY Body or Touch Talk with him/her). Ask for additional references about the dangers of strangers and preparing your child. Introduce the concept of saying no to alcohol, drugs, and tobacco.

Continue to teach your child that all firearms are unsafe and should be presumed loaded. Never allow your child to handle firearms. **STORE ALL WEAPONS UNLOADED IN LOCKED CABINETS. AMMUNITION SHOULD BE SIMILARLY LOCKED BUT IN A DIFFERENT LOCATION. THE KEYS SHOULD BE HIDDEN, OUT OF REACH, OR BETTER YET, LOCKED UP!** Most firearm injuries occur in and about the home. Consider asking questions about the presence of firearms at friends' homes. Teach your child or children the NEW rules of gun safety. Never touch a gun, Every gun is loaded, When in doubt, get out!

Communication and Discipline

At this age, it is not unusual for children to steal money or enticing items. This phase usually passes, but if you are concerned, seek advice from your health care provider or a teacher. Punishment to fit the crime and parental examples are two of the best ways to handle this.

Your child has been learning a great deal in school in the short time he/she has been there. This includes not only academic subjects but ethics, values, and social skills as well. He/she may be reading well now and should also be able to tell time. (Buy a watch with regular hands, not digital.) Be aware of what's going on in school and discuss it at dinner, if possible. If time permits, you might try volunteering at school to increase your awareness.

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